

MARTIAL ARTS



KARATE FOR KIDS (AGES 6-8)

Students are challenged to maintain or improve their manners, respect for themselves and others, and self-discipline. Flexibility and strengthening exercises are taught in addition to tumbling maneuvers. Basic self-defense tactics are taught, as is awareness, and avoidance of risky situations. Basic karate stances, blocks, punches, and kicks are covered. *Caregivers who wish to train with their child are welcome to register in this class.*

Instructor: Pat Cruver
Location: Sunnyside School
Limits: 10/15

Ages: 6-8 yrs old

Jan 9-Mar 8	MW	6:00-7:00pm	\$39
Mar 13-May 24	MW	6:00-7:00pm	\$48

No class: Jan 16, Feb 20, Apr 4, 6

**PIONEER CENTER AND
PULLMAN SENIOR CENTER**

CLOSED

**MON, JAN 2
MON, JAN 16
MON, FEB 20
MON, MAY 29**

SHITO-RYU KARATE: BEGINNING (AGES 9+)

Manners, respect and self-discipline are emphasized in this traditional Japanese martial art class. Kata (forms), introductory tournament sparring, and basic self-defense techniques are covered. Each class includes 20-30 minutes of aerobic, flexibility, and strength-building exercises. Attire should be loose fitting and cool, as the class can be moderately strenuous for those not already in good physical condition. Advancement opportunities are available. *Caregivers who wish to train with their child are welcome to register in this class.*

Instructor: Pat Cruver
Location: Sunnyside Gym
Limits: 10/15

Ages: 9 yrs old and older

Jan 9-Mar 8	MW	7:00-8:30pm	\$59
Mar 13-May 24	MW	7:00-8:30pm	\$69

No class: Jan 16, Feb 20, Apr 4, 6

SHITO-RYU KARATE: INTERMEDIATE

More advanced forms, kobudo, self-defense, and sparring techniques are covered in this class. Class is limited to those with abilities equivalent to Nihon Karate Do Kenwa Kai blue belt (8th kyu) and above.

Instructor: Pat Cruver
Location: Sunnyside Gym
Limits: 10/15

Ages: 9 yrs old and older

Jan 9-Mar 8	MW	7:00-9:00pm	\$59
Mar 13-May 24	MW	7:00-9:00pm	\$69

No class: Jan 16, Feb 20, Apr 4, 6

KYOKUSHIN KARATE

Learn Karate in a fun, friendly, and safe environment! Kyokushin Karate is one of the largest and most respected Karate styles in the world. Students will learn all aspects of Karate, develop self-esteem, self-confidence, courtesy, good citizenship, as well as how to defend themselves. Sensei John Adams, who teaches this class, is a 4th degree black belt. He is the United States Branch Chief and was Coach for the United States World Tournament Team in 2000 and 2004.

Instructor: Johnny Adams
Location: Pioneer Center
Limits: 20/30

Ages: 10 yrs old and older

Jan 9-May 3	MW	7:00-9:00pm	\$59
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No class: Jan 16, Feb 20, Mar 13, 15

**OUR PROGRAMS FILL FAST!
REGISTRATION BEGINS JAN 3.
REGISTER NOW TO RESERVE
YOUR SPOT.
CALL PULLMAN PARKS AND
RECREATION 338-3227.**